

## FALSE LABOR VS. TRUE LABOR

TRUE LABOR	FALSE LABOR
Contractions become stronger, last longer and come closer together as labor progresses.	Contractions stay the same or diminish in intensity.
Cervical dilation progresses from 0 cm to 10 cm.	There is no cervical dilation.
Uterus hardens over entire surface.	Only a portion of the uterus hardens.
Walking tends to make the contractions stronger.	Walking tends to space contractions out.

### LABOR

You may experience any or all of the following conditions as labor begins:

- Bloody show with slight bleeding – you may wait for the pains to begin unless the bleeding is heavy.
- Strong regular contractions becoming longer, stronger and getting closer together.
- Breaking of your water – if this happens, call the Central Maine OB-GYN at once.

If you think you are in labor call Central Maine OB-GYN day or night at 795-5770. The answering service will connect you to the covering physician or midwife. If the physician or midwife instructs you to go to CMMC, go directly to the labor and delivery floor. If it is after 9 p.m. you will have to go through the emergency entrance.